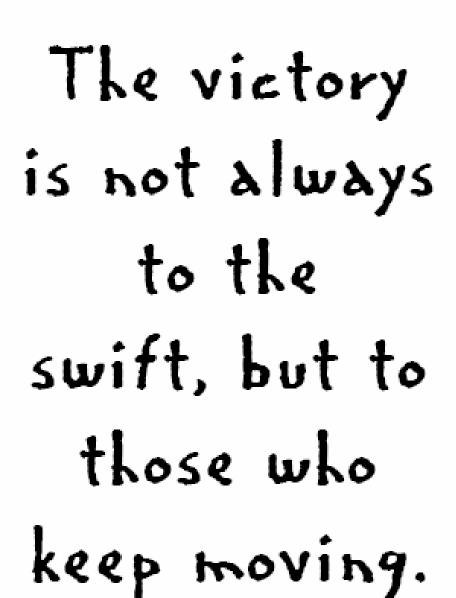
When you 90 UP, your blood pressure goes down.



A flight a day may keep chronic disease away.







Physical activity will add years to your life, and life to your years.

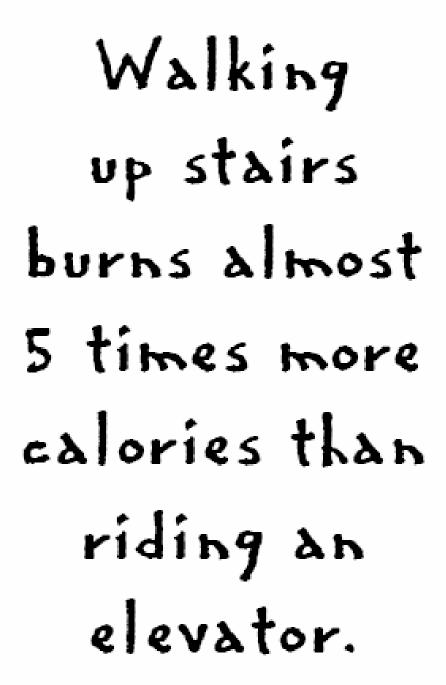




The first wealth is health.

(Ralph Waldo Emerson)









In one minute. a 150 pound person burns approximately 10 calories walking up stairs, and only 1.5 calories riding an elevator.

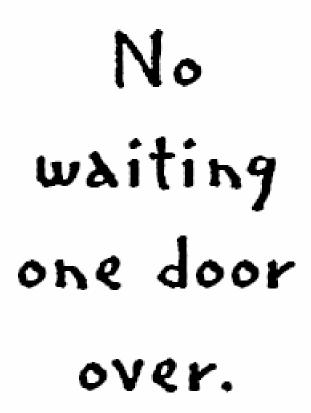


There are 1440 minutes

in every day...
schedule 30
of them for

physical activity.















Fight fat...
Feel fit...

Frequent these flights.



